

ABSTRACT

A method and apparatus for providing speed controlled eccentric exercise which include an exercise apparatus having an engagement member for engaging a user's body where the
5 engagement member is moveable in opposite directions, means for enabling the engagement member to exert a force in a first direction at a predetermined speed, means for detecting change in the predetermined speed or pressure of the force after a user applies a force to the engagement means in a direction opposite the first force, and means for adjusting the apparatus supplied force and user supplied forces to equal one another or to maintain the predetermined
10 speed.